

# — Kobe City Flu Shot Guide: What you need to know —

## **1. What is the flu?**

Influenza, also known as the flu, is a contagious illness that spreads every year. Symptoms appear very quickly and include high fever, headaches, joint pain, muscle pain, and full-body fatigue. There may also be cold-like symptoms such as sore throat, coughing, and runny nose. The flu can lead to pneumonia in the elderly and those with weakened immune systems, and in rare cases acute encephalopathy in young children. Flu-related complications can even become fatal.

## **2. How do I prevent getting or passing on the flu?**

To protect yourself and others from catching the flu, it is important to: ① get the flu vaccine, ② avoid crowded areas, ③ get sufficient rest and a balanced diet, ④ maintain appropriate temperature and humidity levels, ⑤ wash hands and gargle, and ⑥ avoid coughing or sneezing in the direction of other people by covering your mouth and nose.

## **3. What does the flu shot do?**

The flu shot can prevent the worsening of flu symptoms if you get the flu (including complications such as pneumonia or encephalopathy). However, it does not guarantee that you will not still get the flu.

The Japanese flu shot targets the 4 main flu strains active worldwide since 2019 (2 influenza A and 2 influenza B viruses).

## **4. When can you get the flu shot?**

October 1, 2021 – January 31, 2022 (This is also the public subsidy eligibility period.)

## **5. Who is eligible for the flu shot?**

Anyone over 6 months old can get the flu shot. (Depending on the type of vaccine, there may be an age requirement of at least 1 or more years old.) The flu shot is not required, but rather voluntary for those who wish to receive it. If it is difficult to confirm an eligible person's intent to be vaccinated, the vaccination may still be allowed with the cooperation of a family member or attending physician; however, if the intent cannot be clearly confirmed, the flu shot cannot be administered. Also, flu shot recipients are eligible to receive a public subsidy from Kobe City if they had a registered address in Kobe at the time of vaccination, received the vaccination during the period indicated in section 4 of this guide, and also correspond to one of the following categories: People aged ① 1-13 years old, ② 65 or over, or ③ 60-64 years old who are restricted to daily activities (equivalent to Level 1 physical disability) due to dysfunctions of the heart, kidney, or respiratory organs, or immune system disorders due to HIV. (People in categories ② and ③ are eligible for routine influenza vaccinations based on the Immunization Act.)

## **6. What do I need to do before getting the flu shot?**

### **(1) General precautions**

Make sure you fully understand the effectiveness and side-effects of the flu shot. If you have any concerns or need something explained, please ask your doctor to ensure you have a full understanding before getting the flu shot.

The pre-examination questionnaire contains important information that helps the physician administering your flu shot determine whether to approve your vaccination. Please have the flu shot recipient (or a family member if the recipient has difficulty with filling out the information themselves) provide accurate information in the questionnaire.

### **(2) Who cannot receive a flu shot?**

1. People who have a fever on the day of the vaccination  
This is generally a temperature of 37.5 °C or higher.
2. People who have a serious acute disease  
If a person has a serious and acute disease, and the progression of the illness is unclear, they cannot get a flu shot.
3. People who have developed anaphylactic symptoms in the past due to the vaccine components (breathing difficulties, hives all over the body, or other severe allergic reactions that occur within 30 minutes of receiving a vaccination)  
This also includes people with a past history of egg-related anaphylactic shock.
4. People with a past history of fever, rashes all over the body, or other allergy-like symptoms within two days of flu vaccination
5. People whom a physician has determined to be unsuitable for vaccination

(Turn over)

### **(3) Who must consult with their primary care physician before receiving a flu shot?**

1. People with underlying illnesses such as heart, kidney, liver, blood, or developmental disorders
2. People with a history of convulsions
3. People who have been diagnosed with having an immunodeficiency, or have close relatives who are diagnosed with a congenital immunodeficiency
4. People with respiratory disorders such as interstitial lung disease (ILD) or bronchial asthma
5. People who may be at risk of allergic reactions to vaccine components

### **(4) Timing and spacing with other vaccinations**

As the flu shot is an inactivated vaccine, there are no timing restrictions.

\*From October 1, 2020, there are no longer any timing restrictions for both inactivated and live oral vaccines.

### **(5) After receiving the flu shot**

1. Watch for side effects and monitor yourself during the 24 hours after receiving the flu shot. Be especially cautious if you experience changes in your health within the first 30 minutes.
2. If you experience a high fever, convulsions, or other unusual reactions, please get examined by a physician as soon as possible.
3. You should not have any problems with taking a bath at least one hour after receiving the flu shot; however, do not scrub the injection site.
4. After receiving the flu shot, keep the injection site clean. Strenuous exercise or heavy drinking can cause unusual changes to your condition, so avoid both in the first 24 hours after receiving the flu shot.

### **7. What are the side-effects of the flu shot? What if it causes health problems?**

All vaccines pose a risk of causing side effects. During the vaccination period, it is also possible for other illnesses to overlap.

The vaccination area may become red, swell, or hurt. You may also develop a fever, chills, headache, or full-body fatigue. These symptoms usually go away within 2-3 days. Please note that there have been reported cases of fever, headache, convulsions, difficulty moving, impaired consciousness, and other serious symptoms within two weeks of receiving the flu shot. And although it is rare, you may experience anaphylactic shock (hives, difficulty breathing, etc.). If you experience changes in your health after receiving the flu shot, please consult with the physician who administered your vaccination as soon as possible.

Those who are eligible for routine vaccination may be eligible for the Relief System for Injury to Health with Vaccination under the Preventive Vaccination Law if adverse reactions after vaccination cause adverse health effects that require hospitalization at a medical institution. However, the causality between the health hazard and the vaccination will be discussed by the national examination board of experts in the related field, and if it is recognized, you will receive compensation.

In the unlikely event that a recipient who is not eligible for routine vaccination develops adverse health effects, such as an illness requiring hospitalization or a disorder that severely limits his/her daily life, the recipient will be eligible for relief benefits under the Pharmaceuticals and Medical Devices Agency's (PMDA) Relief System for Adverse Drug Reactions.

### **8. What happens if I don't get the flu shot?**

If, after receiving a sufficient explanation and examination from the vaccinating physician, you choose not to receive a vaccination, the doctor in charge cannot for any reason be held responsible for any subsequent influenza, severe symptoms, or death.

#### **Contact (All tel. numbers redirect to a switchboard)**

Higashinada Ward Office	078-841-4131	Nada Ward Office	078-843-7001	Chuo Ward Office	078-232-4411
Hyogo Ward Office	078-511-2111	Kita Ward Office	078-593-1111	Kita Ward Hokushin Office	078-981-5377
Nagata Ward Office	078-579-2311	Suma Ward Office	078-731-4341	Kita Suma Branch Office	078-793-1313
Tarumi Ward Office	078-708-5151	Nishi Ward Office	078-929-0001		
Seishin Public Health and Welfare Desk	078-990-0201				

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